



Fysio Broekhuizen

fysio- & manuele therapie

FIFA 11+ Warming-up

"FIFA 11 +" is een volledig warming-up-programma om letsel te verminderen onder mannelijke en vrouwelijke voetballers van 14 jaar en ouder.

Het programma is ontwikkeld door een internationale groep van deskundigen, waarvan de doeltreffendheid is bewezen in een wetenschappelijke studie. Teams die de "FIFA 11 +" ten minste tweemaal per week uitvoerden hadden 30-50% minder geblesseerde spelers!

Om zo effectief mogelijk te zijn moet het programma als een standaard warm-up worden uitgevoerd bij het begin van elke trainingssessie en ten minste tweemaal per week. Het neemt ongeveer 20 minuten in beslag. Voorafgaand aan een wedstrijd kunnen alleen de lopende oefeningen (deel 1 en 3) worden uitgevoerd.

Veel succes met trainen en spelen!





4
RUNNING
CIRCLING PARTNER

Repetitions: 2x



5
LAUFEN
SPRINGEN ZUM
SCHULTERKONTAKT

Wiederholungen: 2x



6
RUNNING
QUICK FORWARDS
& BACKWARDS SPRINTS

Repetitions: 2x



7
THE BENCH
STATIC

Repetitions: 3x



7
THE BENCH
ALTERNATE LEGS

Repetitions: 3x



7
THE BENCH
ONE LEG LIFT
AND HOLD

Repetitions: 3x



8
SEITLICHER UNTERARMSTÜTZ
HALTEN

Wiederholungen: 3x




8
SIDEWAYS BENCH
RAISE AND LOWER HIP

Repetitions: 3x



8
SIDEWAYS BENCH
WITH LEG LIFT

Repetitions: 3x





HAMSTRINGS
BEGINNER

Repetitions: 3-5x



HAMSTRINGS
INTERMEDIATE

Repetitions: 7-10x



HAMSTRINGS
ADVANCED

Repetitions: 12-15x



SINGLE LEG STANCE
HOLD THE BALL

Repetitions: 2x



SINGLE LEG STANCE
THROWING BALL
WITH PARTNER

Repetitions: 2x



SINGLE LEG STANCE
TEST YOUR PARTNER

Repetitions: 2x



SQUATS
WITH TOE RAISE

Repetitions: 2x



SQUATS
WALKING LUNGES

Repetitions: 2x



SQUATS
ONE-LEG SQUATS

Repetitions: 2x





JUMPING
VERTICAL JUMPS

Repetitions: 2x



F-MARC
Football Medicine
Research Centre
FIFA

This card features a green background with a large grey number '12'. A green silhouette of a person is shown in a vertical jumping pose. The text 'JUMPING VERTICAL JUMPS' is at the top, 'Repetitions: 2x' is below it, and the F-MARC logo is in the bottom right corner.



JUMPING
LATERAL JUMPS

Repetitions: 2x



F-MARC
Football Medicine
Research Centre
FIFA

This card features a yellow background with a large grey number '12'. An orange silhouette of a person is shown in a lateral jumping pose. The text 'JUMPING LATERAL JUMPS' is at the top, 'Repetitions: 2x' is below it, and the F-MARC logo is in the bottom right corner.



JUMPING
BOX JUMPS

Repetitions: 2x



F-MARC
Football Medicine
Research Centre
FIFA

This card features a red background with a large grey number '12'. A dark silhouette of a person is shown in a box jumping pose. The text 'JUMPING BOX JUMPS' is at the top, 'Repetitions: 2x' is below it, and the F-MARC logo is in the bottom right corner.



RUNNING
ACROSS THE PITCH

Repetitions: 2x



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This card features a light blue background with a large grey number '13'. A blue silhouette of a person is shown in a running pose. The text 'RUNNING ACROSS THE PITCH' is at the top, 'Repetitions: 2x' is below it, and the F-MARC logo is in the bottom right corner.



RUNNING
BOUNDED

Repetitions: 2x



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This card features a light blue background with a large grey number '14'. A blue silhouette of a person is shown in a bounding running pose. The text 'RUNNING BOUNDED' is at the top, 'Repetitions: 2x' is below it, and the F-MARC logo is in the bottom right corner.



RUNNING
PLANT & CUT

Repetitions: 2x



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This card features a light blue background with a large grey number '15'. A blue silhouette of a person is shown in a plant and cut running pose. The text 'RUNNING PLANT & CUT' is at the top, 'Repetitions: 2x' is below it, and the F-MARC logo is in the bottom right corner.